

Newsletter

ThriveOn 2017 Incentive



Now is the time to
discover where
your health stands.

ThriveOn
Your Health and Wellness Program

ThriveOn will be offering **onsite Health Screenings** at most County buildings in March and April. These screenings are free and take approximately **15 minutes** to complete. A health care professional will stick your finger to take a little blood and get your height, weight, and blood pressure measurements. You will receive immediate results and have the opportunity to discuss those results with a health care professional.

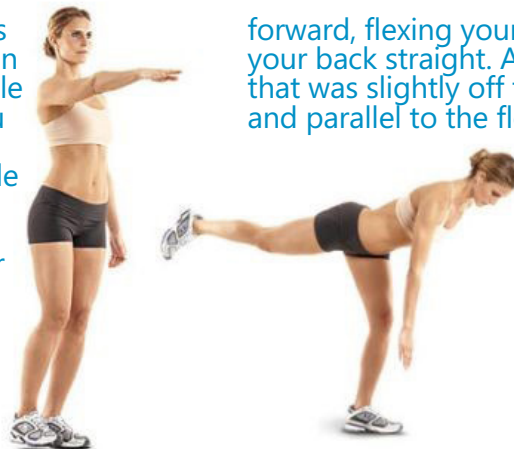
Schedule your appointment at:
<https://bit.ly/fchealthscreening>

If you are unable to attend an onsite screening, other options can be found at:
<https://thriveon.staywell.com/>

Exercise of the Month: Single Leg Deadlift

This is an exercise that makes those of us who are balance impaired feel a bit silly in the beginning. This exercise isn't as simple as it looks and is more effective than you might think. We recommend starting without weights until you are comfortable with the exercise.

Start by standing with your feet shoulder width apart. Raise your arms up to shoulder level and slightly lift your foot off of the ground. You will look like the picture to the left. Now slowly hinge



forward, flexing your abdominal muscles and keeping your back straight. As you do this, lift your leg (the one that was slightly off the ground) straight behind you and parallel to the floor. Make sure you are doing slow, deliberate movements. Go back to start position; that is one rep. If you are just beginning, do 8-10 reps on each leg.

Coming this Month

Cooking Demo: Tuna and White Bean Salad

White beans, cherry tomatoes, and savory tuna give this refreshing spring salad a tasty Mediterranean flair. The Mediterranean diet has been shown repeatedly to have an abundance of health benefits.

[Click Here for This Month's Education Calendar](#)





MARCH COOKING DEMO



Brussels Sprout Stir-Fry

Brussels sprouts have somewhat of a bad reputation, but they deserve a second chance. The trick – don't boil them to death! This recipe lightly sautés them to keep them crisp and delicious.

Estimated cost
per recipe:
\$5.94
Estimated cost
per serving:
\$1.49

Ingredients:

1lb bag, approximately 20 Brussels sprouts, washed, trimmed, and halved
4 green onions, chopped
2 tbsp. grated fresh ginger
1 cup shredded carrots
1 medium red bell pepper, seeded and chopped fine
1 tbsp. cornstarch
3 tbsp. low sodium soy sauce
2 tbsp. rice vinegar
¼ cup water
2 tbsp. unrefined coconut oil

Directions:

Combine the cornstarch, soy sauce, rice vinegar, and water in a small bowl with a whisk. Mix and set aside. Heat the skillet and add one tablespoon of coconut oil. Add the Brussels sprouts and cook for 5 minutes (toss to prevent burning). Place the sprouts in a separate bowl and set aside. Heat the remaining oil and cook the ginger, green onions, carrots, and red pepper. Cook until vegetables are tender. Add in the sprouts, stirring well. Pour the sauce mixture over the vegetables. Cook for a final 2-3 minutes. Stir constantly as mixture will thicken from the cornstarch.

Yield: 4 servings; Serving Size: 1½ cups

Nutrition Information: Calories 200, Total fat 8 g, Saturated fat 6 g, Trans fat 0 g, Cholesterol 0 mg, Sodium 536 mg, Potassium 852, Carbohydrate 28 g, Dietary Fiber 8 g, Sugars 12 g, Protein 8 g

Recipe from: <http://inpursuitofmore.com/2013/04/29/recipe-10-minute-brussels-sprout-tempeh-stir-fry/>
Modifications by: Abigail Kurowski, MS, RDN, LDN



Eat This, Not That at BIBIBOP

Bibibop is a relatively new addition to the fast-casual restaurant scene which has been popularized by other similar concept restaurants such as Chipotle, Piada, and Fusian. The company aims to provide a unique, fast, healthy meal option; but as with every restaurant, there are some options that are healthier than others. The build-your-own meal concept allows customers to pick and choose the ingredients they want, however, some combinations of these ingredients can easily add up to over half a day's worth of calories and more than a day's worth of sodium. We've put together two different combinations to show you how to build a healthy meal at this popular dining spot.

Choose this

Salad with purple rice, chicken, bean sprouts, carrots, cucumber, eggs, daikon, kale, and spicy sriracha sauce

NUTRITION INFORMATION	
Calories	542
Fat	11 g
Saturated Fat	2 g
Trans Fat	0 g
Cholesterol	168 mg
Sodium	1595 mg
Carbohydrate	77 g
Fiber	8 g
Sugar	21 g
Protein	33 g

Not that

White rice bowl with steak, bean sprouts, black beans, potatoes, cheese, corn, eggs, and Yum Yum Sauce

NUTRITION INFORMATION	
Calories	918
Fat	44 g
Saturated Fat	12.5 g
Trans Fat	0 g
Cholesterol	240 mg
Sodium	2074 mg
Carbohydrate	93 g
Fiber	4 g
Sugar	12 g
Protein	38 g

The portions of the bowls offered can be a little too large; consider splitting your meal with someone or saving half for another meal. The chicken and sriracha sauce option, in place of steak and Yum Yum sauce, cuts out a significant amount of total and saturated fat. Purple rice is a combination of white rice and black rice. It has slightly more fiber and less calories. Fill up the rest of your bowl with veggies to add more fiber to your meal and help you stay full longer.

Nutrition information based off of

nutrition information provided by the BIBIBOP website: <http://bibibop.com/nutrition>